

THE ACS INSIDER



Apps for a better night's sleep...

Are sleep disturbances affecting your daily life? There are treatments proven to help. Check out some of these free apps and online offerings that can help get you to longer, more restful sleep. Click the links for each to learn more, no federal endorsement is implied:



Sleepa is a remarkable app that offers a plethora of features designed to alleviate stress, improve quality of sleep, and enhance your focus.

Download: Sleepa for [Android](#) | [iOS](#)



With **Pzizz**, you have an app dedicated to relaxation that harnesses the power of psychoacoustics. It offers uniquely crafted "dreamscapes" to aid in achieving a peaceful sleep and "focuscapes" to amplify concentration levels.

Download: Pzizz for [Android](#) | [iOS](#)



Medito is a powerful meditation app for reducing stress and anxiety and improving overall well-being, all while providing a seamless and ad-free meditation experience.

Download: Medito for [Android](#) | [iOS](#)



Insight Timer offers guided meditations tailored to meet a variety of goals. Whether it's for relaxing the mind before bed, easing anxiety, or combating insomnia, Insight Timer's sleep-focused meditations provide a restorative pathway to uninterrupted sleep.

Download: Insight Timer for [Android](#) | [iOS](#)

THE POWER OF SLEEP: A PILAR OF MENTAL HEALTH

May is both Mental Health Awareness Month and Better Sleep Month! In a fast-paced world that prizes productivity over rest, sleep often takes a backseat. Yet, science consistently shows that quality sleep is one of the most vital components of mental health. More than just a nightly routine, sleep plays a fundamental role in emotional regulation, cognitive function, and psychological resilience.

Why Sleep Matters

Sleep is when the brain clears out toxins, consolidates memories, and processes emotions. During deep stages of sleep, the body undergoes physical repair, while the mind resets and prepares for the next day. Without sufficient rest, our brain struggles to function optimally. Mood swings, irritability, and poor concentration are some of the earliest signs that sleep is being neglected.

The Toll of Sleep Deprivation

Chronic sleep deprivation doesn't just leave you groggy — it significantly heightens the risk of mental health issues. Anxiety and depression are closely linked to poor sleep, creating a vicious cycle where one exacerbates the other. Studies have shown that individuals with insomnia are five times

more likely to develop depression. Over time, lack of sleep can impair judgment, increase stress levels, and even contribute to more serious disorders such as bipolar disorder or schizophrenia.

Benefits of Healthy Sleep Habits

On the flip side, prioritizing sleep has powerful, positive effects on mental well-being. Restorative sleep enhances emotional stability, boosts memory and creativity, and helps regulate stress hormones. People who sleep well are generally better equipped to handle daily challenges and maintain a more optimistic outlook on life. Healthy sleep also supports better decision-making and interpersonal relationships — two key pillars of mental resilience.

Investing in Rest

Creating a sleep-friendly routine doesn't require major lifestyle overhauls. Simple steps like maintaining a consistent sleep schedule, avoiding screens before bedtime, and creating a calming sleep environment can lead to significant improvements in both sleep quality and mental health.

In the end, sleep is not a luxury — it's a necessity. Making it a priority is one of the most powerful and accessible ways to protect your mental health.



ACS PHONE NUMBERS

Army Emergency Relief

1.877.272.7337

Army Volunteer Corps

435.831.2038

Information & Referral Program

435.831.2038

Employment Readiness

435.831.2260

Financial Readiness Program

435.831.2260

Family Advocacy Program

435.831.2387

Relocation Readiness Program

435.831.2260

SHARP - 24/7 Victim Advocate

(719) 338-9654

Survivor Outreach Program

801.476.3808

ACS Director

Emily Harrison

435.831.2260

emily.c.harrison2.civ@army.mil

In today's uncertain economy, finding smart ways to cut costs and boost savings has never been more important. Here are our top **10 Ways to Cut Costs at Home:**

1. Install a Smart thermostat

With precision temperature control and personalized scheduling, Smart thermostats feature adaptive learning which increases efficiency over time.

2. Use Energy Star appliances

According to the EPA, Energy Star appliances can save up to 30% on energy costs compared to standard appliances.

3. Eat at home more often

Americans save around \$12 by opting to cook and eat at home, with the average home meal costing \$4.23 versus over \$16 per meal at an inexpensive restaurant.

4. Use coupons and cash back apps at the grocery store

Little savings add up. Using coupons helps to reduce your overall grocery costs. Save even more with cash back apps such as Ibotta or receipt scanning apps such as Fetch that reward you with cash back or gift cards.

5. Grow your own produce

Not only can growing your own fruit and vegetables save your grocery bill, but you can also eat healthier by not using pesticides and other chemicals.

6. Set the thermostat on your water heater to 120 degrees in the winter and 110 degrees in the summer

120 degrees is the ideal temperature for water heaters for efficiency in the wintertime and to avoid burns. Turning your thermostat down to 110 degrees in the summer saves 5% in energy spending.

7. Wash your clothes in cold water

Not only does washing in cold save money – costing about 4 cents per load versus 68 cents on hot/warm cycle; cold water is gentler on your clothes, reducing fading and shrinking.

8. Reduce your cable or streaming bill

Cancel individual channel or streaming app subscriptions that you no longer use. There are over 45 different completely free streaming apps available.

9. Don't buy bottled water – drink tap instead

Tap water is generally safe to drink in most parts of the United States. If you are still concerned, invest in a filtered pitcher.

10. Buy in bulk – when the deal is right

Take a look at items that you consume on a regular basis and compare the cost savings when buying in bulk. For perishable items, it's only a savings if you will consume or use the item before the expiration date. Great items to buy in bulk are toilet paper, paper towels, personal care items, diapers, cooking oils, and canned goods.

ARMY COMMUNITY SERVICE

Community Center, Building 5124 (East)

5124 Kister Avenue

Dugway, UT 84037

 www.dugway.armymwr.com

 435.831.2038



HOW ARE WE DOING?

Take a moment to let us know how we can improve:

<https://ice.disa.mil/index.cfm?fa=card&sp=97441>

The background of the poster is decorated with various illustrations. At the top, a blue bird is perched on a branch. To the left, there's a yellow birdhouse with a green roof. To the right, a yellow bird is perched on a branch. At the bottom, there's a brown birdhouse with a black heart cutout. The background is filled with green leaves, pink and yellow flowers, and small yellow dots.

SPOUSE APPRECIATION *Day*

**THURSDAY, MAY 8
10AM - 2PM**

**ACS, BUILDING 5124, ROOM 234
435-831-2260**

We're celebrating you - our amazing Spouses! Join us for a relaxing day of crafts, conversation, and community in honor of Spouse Appreciation Day!

Enjoy light refreshments, helpful resources, and a fun DIY mini birdhouse craft to make and take home (while supplies last). Come connect, create, and let us show our appreciation!



BLUE STAR MUSEUMS UTAH

Museum participation changes annually, so be sure to check the participation map at the Blue Star Museums Link and call museum to confirm. Utah museums that typically participate in the program are:

- **Children's Treehouse Museum**
- **Hill Aerospace Museum**
- **For Douglas military Museum**
- **Natural History Museum of Utah**



Blue Star Museums is a partnership between the National Endowment for the Arts and Blue Star Families, in collaboration with the Department of Defense and museums across America. ***The program offers free admission to the nation's active-duty military personnel and their families, including National Guard and Reserve.*** It was created to show support for military families who have faced multiple deployments and the challenges of reintegration. ***The program begins Armed Services Day (third Saturday in May) and runs through Labor Day each year.***

UDVMA VETERAN SUICIDE PREVENTION SURVEY

The Utah Department of Veterans and Military Affairs (UDVMA) has partnered with the Kem C. Gardner Policy Institute to better understand how and where active service members and veterans access suicide prevention resources, the obstacles they face in getting help, and their preferred ways of receiving information about these vital resources. They are asking veterans, service members, and their families to participate in a short 7-minute survey.

"As part of our ongoing commitment through the Governor's Challenge to Prevent Suicide Among Service Members, Veterans, and their families, we need your crucial partnership. This survey is an important step in understanding the unique challenges our veterans and military community face, particularly regarding mental health support."

- Governor Spencer J. Cox

By sharing your experiences, you can help us identify more effective ways to deliver suicide prevention resources to active service members and veterans who need them most. This survey will take about 7 minutes to complete. Your participation is completely voluntary and will not impact any services you receive from veteran or military organizations.

If you are willing to participate, please click on this anonymous survey link:

https://eccles.qualtrics.com/jfe/form/SV_ODid4nkrzqmUuyO

The survey will remain open for two weeks (until May 13). If you would like to contact the research team directly, please email Kara Byrne at kara.byrne@utah.edu. We also encourage you to share this survey with your networks and communities. Your collective participation will provide invaluable insights.

Thank you for your time and consideration, and for helping us reach those who need support.

LEARNING OPPORTUNITIES

EMPLOYMENT & CAREERS

Utah Statewide Virtual Job Fair
May 1st | 10 AM - 1 PM | Virtual
TO REGISTER: Visit jobs.utah.gov and create an account or sign in to 'My Job Search' (in the top right corner). Once you are signed in, find the virtual job fair or prep workshop on your dashboard, and select the event. Open to all job seekers with priority service to veterans, military and spouses.

[REGISTER HERE](#)

Military Community Virtual Hiring Event
May 6th | 11 AM - 3 PM | Virtual
Experience our new enhanced virtual career fair platform where you can connect and engage within a streamlined interface. Open to military job seekers.
[REGISTER HERE](#)

Resume Critique & Insights Workshop
May 6th | 12 PM MDT | Virtual
Join us for a live resume critique and insights workshop. Watch a resume critique in real time as well as gain in depth resume writing skills from experts.
[REGISTER HERE](#)

Find a Job You Love Virtual Workshop
Each Tuesday | 1 PM MDT | Virtual
Learn job search success strategies including professional branding, accessing job search tools and resources, effectively using social media, developing a powerful resume and gaining an edge in an in-person, virtually or via video software interview. Register at jobs.utah.gov - Create an account or sign in to 'My Job Search', Find the virtual workshop on your calendar, and Select a time to register.

FINANCIAL READINESS LUNCH & LEARN

Budget Friendly Tips for a Fantastic Summer
May 1st | 12 PM MDT | Virtual
Beat the summer heat and boredom without emptying your wallet! Join us for this informative session where we'll explore a variety of budget-friendly summertime options.
[REGISTER HERE](#)

How to Teach Your Children About Money
May 8th | 12 PM | Virtual
Give your children a strong financial future by starting financial education while they are young. Join us for techniques to teach children about money.
[REGISTER HERE](#)

Estate Planning Basics
May 13th | 12 PM MDT | Virtual
There is no time like the present to start thinking about your estate and what will happen to it. Join us to learn how to get started.
[REGISTER HERE](#)

PowerPay Your Debt
May 20th & 2nd | 12 PM | Virtual
Got Debt? Join us to learn all about the PowerPay program and how to use it to help pay down your debt and work to become debt-free.
[REGISTER HERE](#)

FAMILY ADVOCACY

Parenting with Love & Logic
Tues/Thurs. | June 10, 12, 17, 19 | 9:30 AM - 11:30 AM | Virtual
This FREE course uses the Parenting the Love and Logic Way® curriculum and teaches parents how to raise responsible kids and enjoy parenting. Participants will learn how to end power struggles with their children, teach responsibility, and prevent arguments.
[REGISTER HERE](#)

Positive Discipline
May 14 and 15 | 12 - 3 PM MDT | Virtual
Positive Discipline is a parenting program designed to teach young people to become responsible, respectful, and resourceful members of their communities. Parenting with Positive Discipline means being kind and firm at the same time.
[REGISTER HERE](#)

Smart Steps for Step Families
Wednesdays starting May 5th | 7 sessions | 7-9 PM | Virtual
Smart Steps is a fun, research-based course offered at no cost to adults living in Utah with a child from a previous relationship or stepchild through a current relationship. During our time together, we'll cover family-strengthening topics.
[REGISTER HERE](#)

7 Principles for Making Marriage Work
Thurs. starting May 20th | 8 - 10 PM MDT | 5 Virtual Sessions
This educational workshop is designed to help couples improve their friendship and conflict management skills. The Seven Principles Program includes lectures and private couple exercises. Please plan for both partners to attend all sessions.
[REGISTER HERE](#)

ON DEMAND TRAINING

Army Family Team Building

Army Family Team Building (AFTB) is a Family Training and readiness program that provides participants with a better understanding of Army culture, as well as the skills and resources needed to become resilient, self-sufficient members of the military community. This training is open to anyone who wants to learn more about the Army lifestyle. There are 3 levels of AFTB Training available and each course offers a certificate of completion.
[CLICK TO ACCESS](#)

Child & Family

You can now access a range of free e-courses and quick lessons on a range of topics including marriage, couples, parenting, and self-improvement - on demand. Presented by the USU Extension and the Utah Marriage Commission.
[CLICK TO ACCESS](#)

Financial Frontline

Whether you are newly married, having your first child, experiencing a military move, or want information on the Thrift Savings Program, there are 10 different trainings available to meet your needs. These online trainings are go-at-your-own-pace and are intended to be taken within 20-30 minutes.
[CLICK TO ACCESS](#)

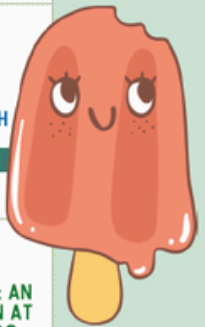


MAY



MWR MONTHLY CALENDAR OF ACTIVITIES AND EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
				1 CHILI DOGS W/CHIPS	2	3
				STORYTIME 11AM THE BOURNE IDENTITY 5:30PM		
4	5 CHICKEN FRITTERS	6 BEEF OR CHICKEN TACO SALAD	7 BEEF & LAMB GYROS	8 CHILI DOGS W/CHIPS	9	10
	MUSIC & MOVEMENT 10AM YOGA CLASS 6:30PM COMPANION 5:30PM	CRAFT 10AM-3PM YOGA CLASS 6:30PM VENOM "LAST DANCE" 5:30PM	LIBRARY AT DITTO 11AM KRAVEN THE HUNTER 5:30PM	SPOUSE APPRECIATION 10AM-2PM STORYTIME 11AM DAREDEVIL 5:30PM	ODR EVENT: HIKING THE DESERET PEAK TRAIL 6:45AM-5:30PM	MOTHER'S DAY BRUNCH 11AM-1PM
11	12 CHICKEN ENCHILADAS	13 TACO PLATE	14 BEEF & CHEDDAR SANDWICH	15 CHILI DOGS W/CHIPS	16	17
	MUSIC & MOVEMENT 10AM YOGA CLASS 6:30PM MIGRATION 5:30PM	CRAFT 10AM-3PM YOGA CLASS 6:30PM INTERCEPTION 5:30PM	GLADIATOR 2 5:30PM	STORYTIME 11AM THE FAST AND FURIOUS 5:30PM		ODR EVENT: AN AFTERNOON AT HOGLE ZOO 9:30AM-4PM
18	19 COUNTRY FRIED STEAK	20 BEEF OR CHICKEN TACO SALAD	21 CHICKEN CORDON BLEU	22 CHILI DOGS W/CHIPS	23	24
	MUSIC & MOVEMENT 10AM YOGA CLASS 6:30PM BEETLEJUICE BEETLEJUICE 5:30PM	CRAFT 10AM-3PM YOGA CLASS 6:30PM PADDINGTON IN PERU 5:30PM	LIBRARY AT DITTO 11AM STEAM CLUB 4PM TEEN CHOICE 5:30PM	STORYTIME 11AM SPLASH INTO SUMMER 3:00PM DOG MAN 5:30PM		
25	26 MEMORIAL DAY	27 BEEF OR CHICKEN TACO SALAD	28 SPAGHETTI DINNER	29 CHILI DOGS W/CHIPS	30	
		CRAFT 10AM-3PM YOGA CLASS 6:30PM MUFASA 5:30PM	BOOK CLUB 7PM MOANA 2 5:30PM	STORYTIME 11AM WICKED 5:30PM		



ACTIVITIES COLOR-CODED PER LOCATION

CHILD YOUTH SERVICES
(435) 831-3345

COMMUNITY CLUB
(435) 831-2901

SHOCKLEE FITNESS CENTER
(435) 831-2705

DUGWAY LIBRARY
(435) 831-2178

DITTO DINER
(435) 831-5193

ARMY COMMUNITY SERVICE
YOGA STUDIO
(801) 556-0959



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OUTDOOR RECREATION TRIPS



DPGFMWR  





PRESENTED BY

DoD MWR
LIBRARIES

Grand Opening

THURSDAY, MAY 22 @ 2:00PM
COMMUNITY CENTER, BLDG 5124

Join us for the ribbon-cutting ceremony and dedication of the new Keetch Army Community & Family Room! We're excited to unveil this space for our community to enjoy. As part of the celebration, enjoy a special showcase featuring creative works submitted by talented members of the Dugway community.

QUESTIONS? CALL 435-831-2260.

May 22
3:00 PM

**MUSIC | PICKLEBALL | HORSESHOES |
VOLLEYBALL | BATTING CAGES |
GOLF RANGE | BOUNCE HOUSES |
GIANT SLIDE | BOOTHS |
HAMBURGER & HOTDOG COMBOS
FOR PURCHASE**

Dugway
Community
Art Show

May 22nd - 29th
**Keetch Army Community &
 Family Room** - Building 5124

Enjoy a special showcase of creative works submitted by members of the Dugway Community. Open during normal building hours, 7 AM to 7 PM.

Questions? Contact Emily at 831-2260.

COMMUNITY FAMILY READINESS GROUP

- In lieu of an FRG Meeting for May, we encourage you to come out to the **Laugh Your Way To A Better Marriage** event on May 13th at 6 PM at the Hope Chapel. There will be free pizza and popcorn.
- For those volunteers wishing to submit **volunteer hours**, please note that April Volunteer hour are due in VMIS no later than 10 May.
- **Seeking Fund Custodians** - The CFRG is looking for a couple of great volunteers to act as fund custodians. This is a crucial position that allows the FRG to hold fundraisers for future events and activities. If you would like more information, please contact Emily at 435.831.2260.
- Save the date: Join us for a special event honoring our Soldiers and First Responders. A **Project Poinsettia Potluck** event will be held on May 29th from 4:30 to 7 PM at the Curt Fortie Pavillion, See the flyer for a QR Code to sign up for a pot luck dish.



A colorful flyer for a swap meet. It features illustrations of various household items like a lamp, a chair, a table, and a plant. The text is in a playful, hand-drawn style.

SWAP MEET

MAY 8, 2024
5:00 PM - 7:00 PM
CURT FORTIE PAVILLION (GYM TABLES)

JOIN THE COMMUNITY FOR A SPRING SWAP MEET! BRING ITEMS YOU NO LONGER WANT BUT CAN GIVE A NEW HOME! SELL OR GIVE, COME JOIN THE FUN! (FOOD AND CRAFTS WELCOME TO SELL AS WELL)



A flyer for a marriage enrichment event. It features a smiling couple and a red heart graphic. The text is in a bold, sans-serif font.

MAY 13TH, 6 PM
HOPE CHAPEL

LAUGH YOUR WAY TO A BETTER MARRIAGE

Bring your Spouse, and join us for this special marriage enrichment event. Free pizza and popcorn for participants. Questions? Contact 435-830-8929.



A flyer for a community game night. It features illustrations of various board games, cards, and dice. The text is in a bold, sans-serif font.

DUGWAY CFRG PRESENTS...

Community GAME NIGHT

EVERY THIRD THURSDAY OF THE MONTH

NEXT EVENT:
15 MAY, 6 PM

COME OUT FOR A COMMUNITY GAME NIGHT!
MEET NEW FRIENDS!

BRING YOUR FAVORITE GAMES TO PLAY
BOARD GAMES - BINGO - POKER - CHESS - AND MORE
AT THE DUGWAY COMMUNITY CLUB

THE POINSETTIA POTLUCK

CELEBRATING OUR FIRST RESPONDERS AND SOLDIERS

THURSDAY MAY 29TH 4:30-7:00PM

2025

@

THE CURT FORTIE PAVILION

ALL COMMUNITY MEMBERS WELCOME TO ATTEND
PLEASE BRING A DISH TO SHARE

TO SIGN UP PLEASE SCAN QR CODE OR
CLICK HERE



COMMUNITY CORNER



UTAH HDA
UTAH - HISPANIC DENTAL ASSOCIATION

**SERVING OUR
Heroes
CARE AND
FAMILY DAY**

Honoring Our Veterans and families with
Dental Screenings

**SATURDAY
MAY 17TH 2025
09:00 AM -
12:00 PM**

 **49 W CENTER ST,
MIDVALE, UT 84047**

Appointment required

SPONSOR

 **Midvale
Community Building Community**
Not just healthcare. A healthier community.

ARMED FORCES DAY CONCERT GALLIVAN CENTER

HONORING ALL MEMBERS OF THE MILITARY PAST AND PRESENT

239 S MAIN ST, SALT LAKE CITY



FEATURING COMPANY B

SATURDAY, MAY 17, 2025 @ 4:30PM

FREE ENTRY

Music Performed By:
The Choral Arts Society of Utah
UTNG 23rd Army Band



Learn More!

Visit Our Family Support Booths



MILITARY APPRECIATION DAY

**Armed Forces Day
Saturday, May 17**

9 AM-6 PM

**Utah's
HOGLE Zoo**



**FREE ENTRY WITH
MILITARY ID**

NO FEDERAL ENDORSEMENT IMPLIED.